

March 2019 Webinar

# **Rural vs. Urban: Are They Really That Different?**

Presenters:

**Melissa Ballard, Crystal Agnew, & Torri Childs**

## Webinar Information

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3. Answer the poll questions.

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# Charlie and Helen Dibble





# **The Dibble Institute**

**Resources for Teaching Relationship Skills**



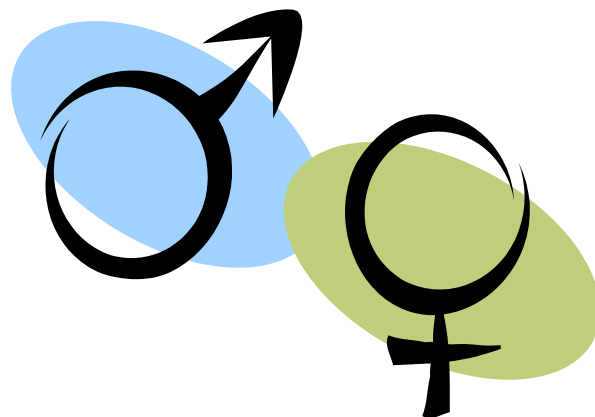
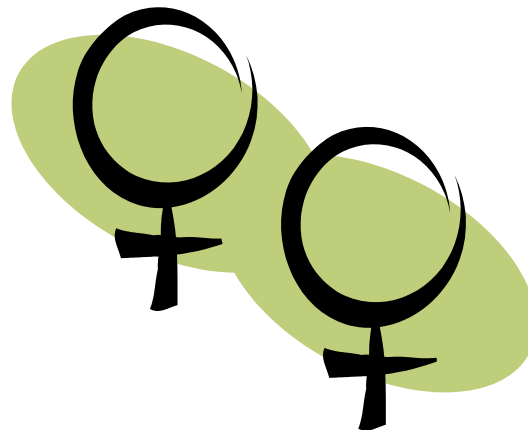
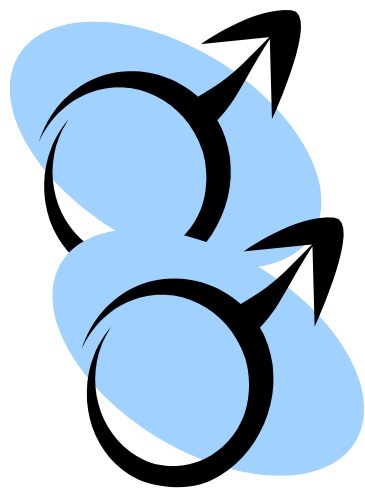
The Dibble Institute believes in research.



The Dibble Institute  
believes in stable, healthy families.



The Dibble Institute believes  
all people deserve respect.







**Crystal Agnew**  
Deputy Director of  
Trinity Church,  
Peacemakers Family  
Center



**Torri Childs**  
Field Research  
Associate, AMTC  
and Associates



**Melissa Ballard**  
Program Director  
Mission West Virginia



# Learning Objectives

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By the end of this presentation, participants will be able to:

- Identify elements of an effective risk avoidance curriculum
- Explain why youth need risk avoidance education
- Discuss with youth the aspects of healthy and unhealthy relationships through a hands-on activity

# SRAE Overview

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- The purpose of the SRAE program is for projects to implement sexual risk avoidance education that teaches participants how to voluntarily refrain from non-marital sexual activity and prevent other youth risk behaviors.
- SRAE programs are to provide services to youth at risk for poverty, unhealthy relationships, sexual coercion, dating violence, underage drinking, substance abuse, and other adolescent risk behaviors.

# SRAE Overview (Cont')

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SRAE Program provides education on:

- Refraining from non-marital sexual activity
- Self-regulation
- Goal setting
- Decision-making skills
- The success sequence

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# Rural vs Urban

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# The Problem: Is it Bigger in Urban? Rural?

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## New York City: East and Central Harlem

Teen Birth Rate NY Dept. of Health, Bureau Vital Statistics (2016)				
Zip Code	10029	10023	10035	Avg.
TBR	31.1	28.5	44.6	34.7

STD Rates of 15-19 year olds (per 100,00) NY Dept. of Health, Bureau Vital Statistics (2016)	
Chlamydia	2,390
Gonorrhea	434

## Southern West Virginia

Teen Birth Rate WV Health Statistics Center, Vital Statistics System. (2016)								
County	Cabell	Fayette	Greenbrier	Kanawha	Mercer	Nicholas	Raleigh	Avg.
TBR	27.6	37.3	31.6	31.7	45.5	34.1	44.1	34.2

STD Rates of 15-19 year olds (per 100,00) WV Health Statistics Center, Vital Statistics System. (2016)	
Chlamydia	1,653
Gonorrhea	410



# Trinity Harlem

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PlanBe\_\_\_\_\_®

# Overview of Trinity Harlem

Trinity Church, Inc. is a non-profit organization that serves New York City, NY through the Trinity Harlem campus. Since 2000, Trinity has been a leader in developing and operating quality programs through its Peacemakers Family Center, to strengthen vulnerable families; thus assisting families from a place of crisis to self-sufficiency.

Trinity has successfully implemented programs in the area of adolescent pregnancy prevention, positive youth development, healthy relationship and marriage education, children's programming and overall family strengthening.

# Trinity PlanBe\_\_\_\_\_

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Trinity's PlanBe\_ program is about helping youth know who they plan to be so they don't need to have a Plan B.

Trinity has been providing evidence-informed and evidence-based APP for 15 years, during which time is has received and managed \$19.6 million from 9 federal grant awards funding APP, serving more than 51,000 youth through 44 public, charter, and alternative schools and 13 community based organizations.



# Trinity Harlem PlanBe\_SRAE Program

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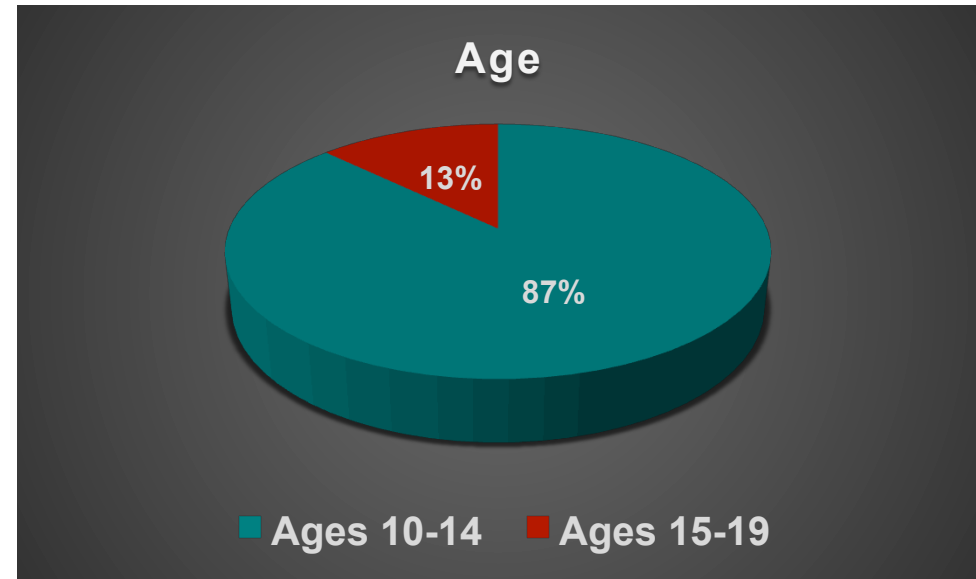
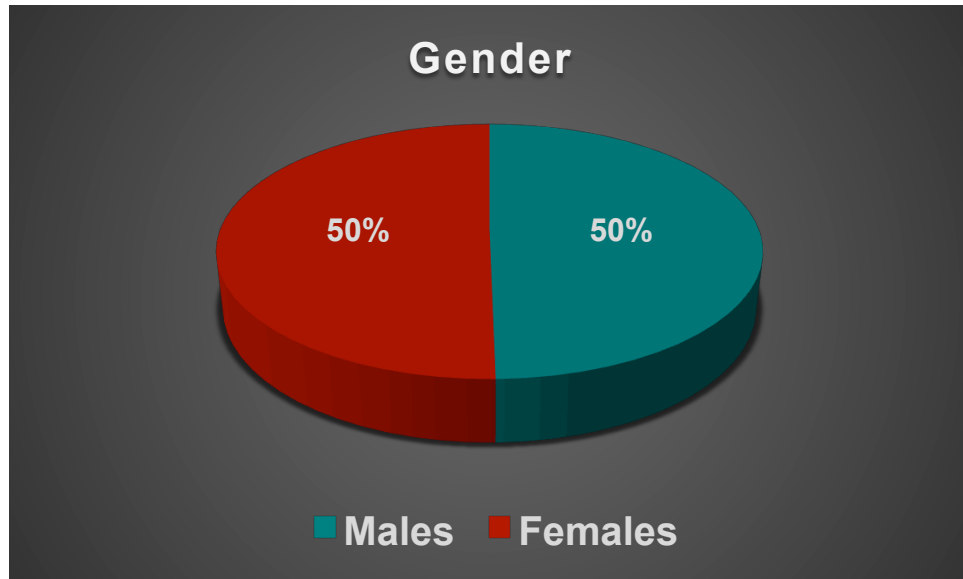
- The PlanBe\_SRAE program includes education on healthy relationship & adolescent pregnancy pre-vention, marriage education, financial literacy and overall family strengthening.
- The Plan Be\_SRAE program serves culturally underrepresented high school and middle school youth in Harlem, who is plagued with many socioeconomic disparities like high poverty, unemployment, low levels of education and stubborn pockets of high TBRs.
- “My choices today affect my tomorrow. I am the only one that can fulfill my destiny. I vow to make choices that protect my future.”

**#FutureReady**

# Trinity Harlem PlanBe\_

## 2017-2018 SRAE Program Demographics

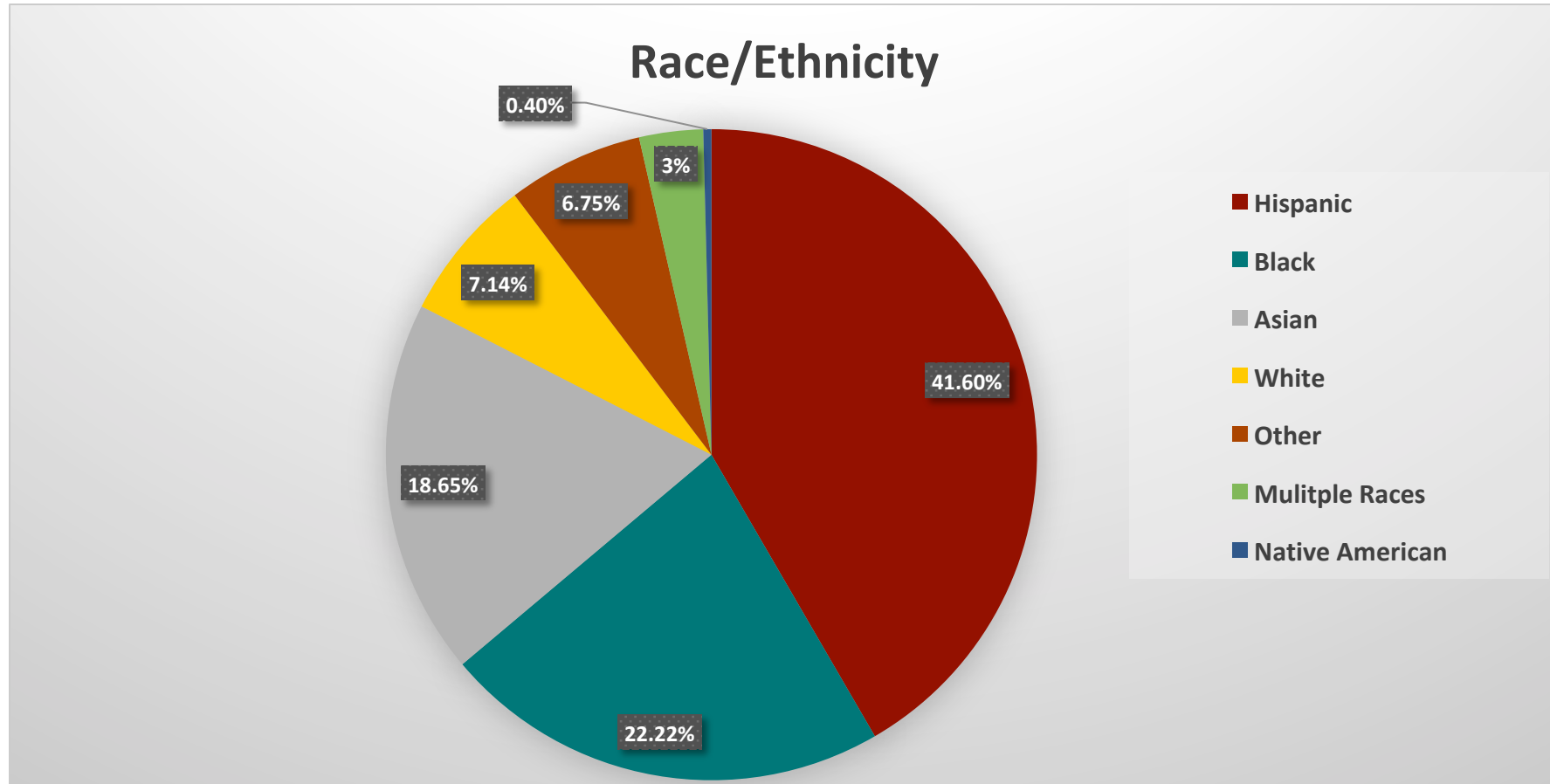
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# Trinity Harlem PlanBe\_

## 2017-2018 SRAE Program Demographics

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# Trinity Harlem PlanBe\_

## 2016-2017 SRAE Enrollment & Completion

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Program Component	Target	Enrolled	Completed	Completion Rate
Deliver RSP Curriculum	100	653	616	94%
Deliver LN Curriculum	300	182	114	63%
Needs Assessment	400	697	697	100%
PCL-C Trauma Assessment	400	704	704	100%
Case Management	50	140	140	100%
Referral	50	68	68	100%





Mission  
**WEST VIRGINIA**



Teaching **H**ealth Instead  
of **N**agging **K**ids

# Overview of MWV

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Established in 1997, MWV improves family stability in the Appalachian region by providing programs and services in the areas of adolescent character development, foster care, teen pregnancy prevention and technology.

Since 2005, MWV has successfully completed more than \$29 million in programs in the areas of healthy relationship & adolescent pregnancy prevention, marriage education, financial literacy, & overall family strengthening.

# Teaching Health Instead of Nagging Kids

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- Teaching Health Instead of Nagging Kids (THINK) program is an experienced provider of SRAE services, with an 12-year track record of developing & operating APP programs, being a direct grant recipient of 8 federal U.S. DHHS grants totaling \$17.4 million, including SRAE education.
- Since 2007, The THINK program has managed \$11 million in APP funding & has partnered with more than 85 public & private schools & 28 community-based organizations and served more than 70,000 youth & 2,000 parents.

# MWV's SRAE Program

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- MWV and their THINK partners, Rainelle Medical Center and CASEWV, began providing SRAE through the CBAE program in 2007 and have served over 26,000 youth.
- MWV's SRAE program enhances available services by offering youth development programming to alleviate the constraints placed on shelter, group home, & juvenile justice employees trying to meet the extensive needs of these youth with trauma histories.

# MWV's SRAE Program (Cont')

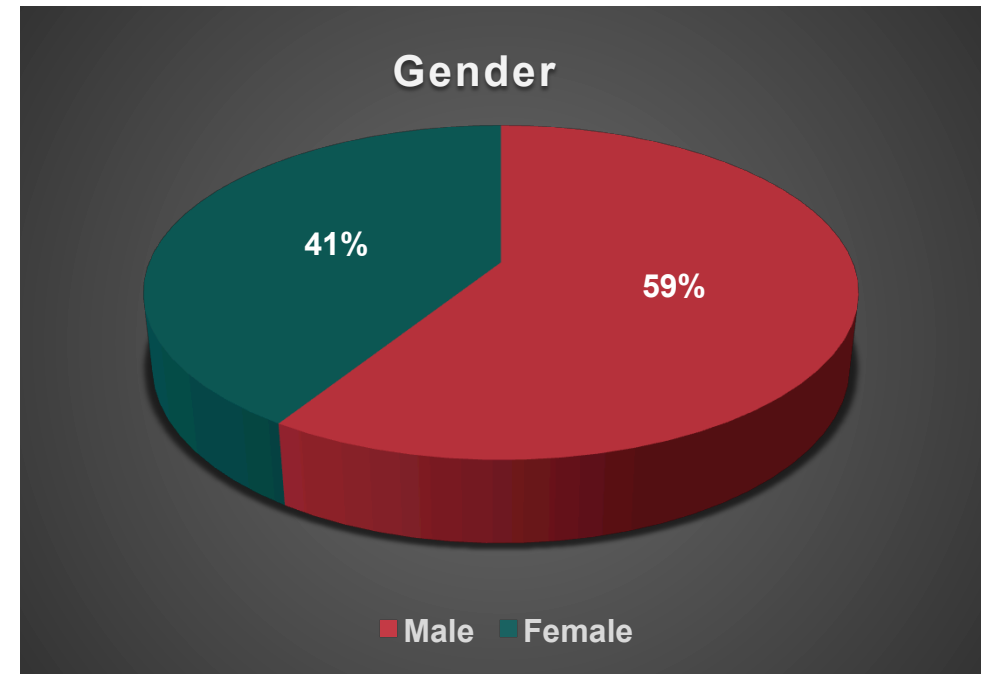
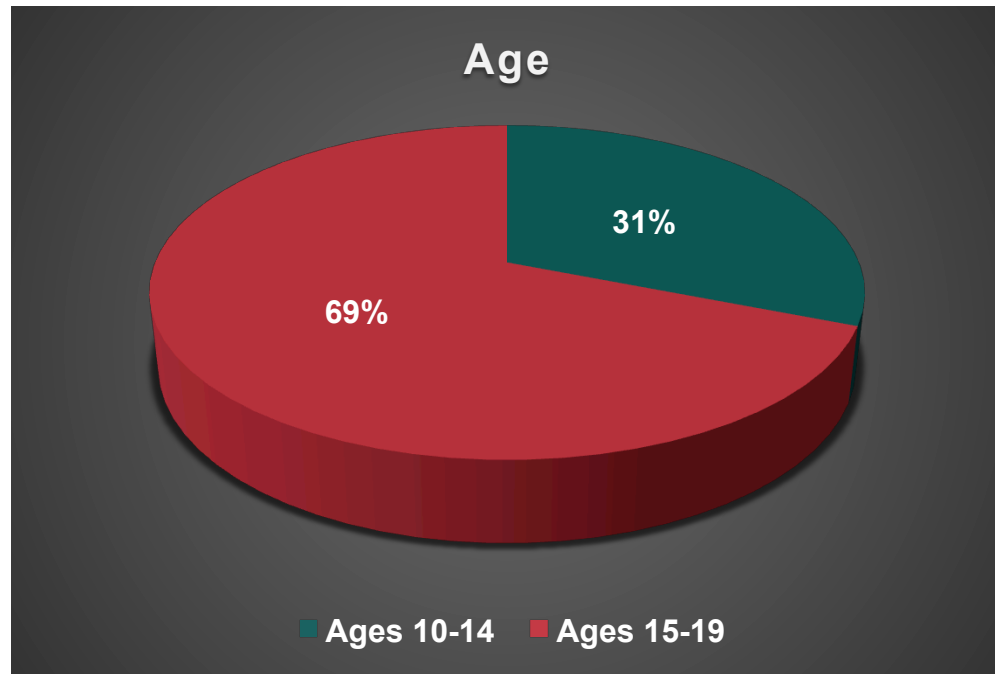
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- MWV's SRAE program offers programming in foster care settings, homeless shelters/ group home, juvenile justice settings, as well as alternative schools and rural middle and high schools.
- MWV's SRAE project approach to promote sexual risk avoidance incorporates a pro-social approach which integrates evidence-based SRAE curricula rich in embedded positive youth development content, comprehensive sexual risk avoidance activities, with reinforcement of youth strengths & securing services and/or resources for program participants.

# Mission West Virginia

## 2017-2018 SRAE Program Demographics

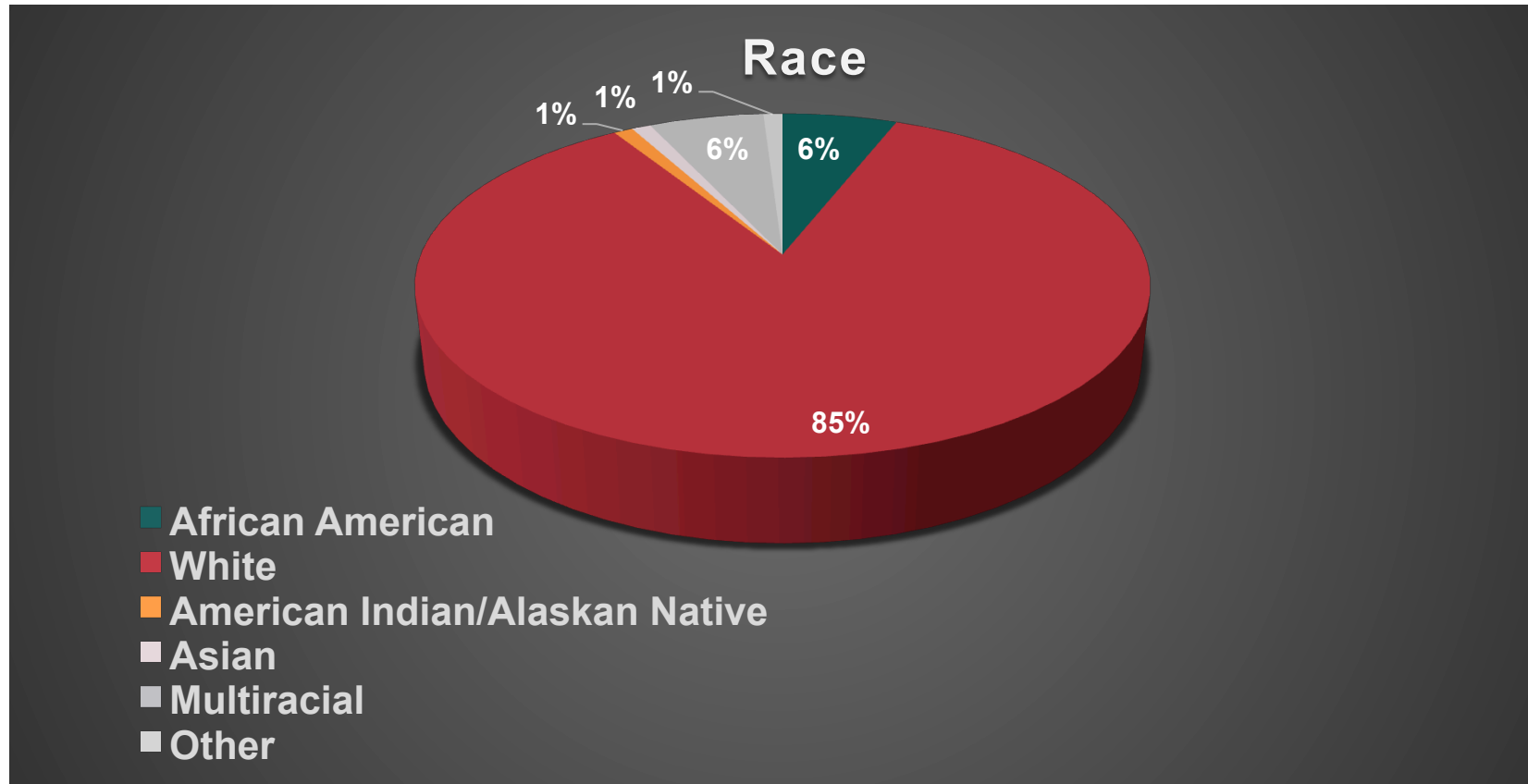
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# Mission West Virginia

## 2017-2018 SRAE Program Demographics

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# Mission West Virginia

## 2017-2018 SRAE Program Completion

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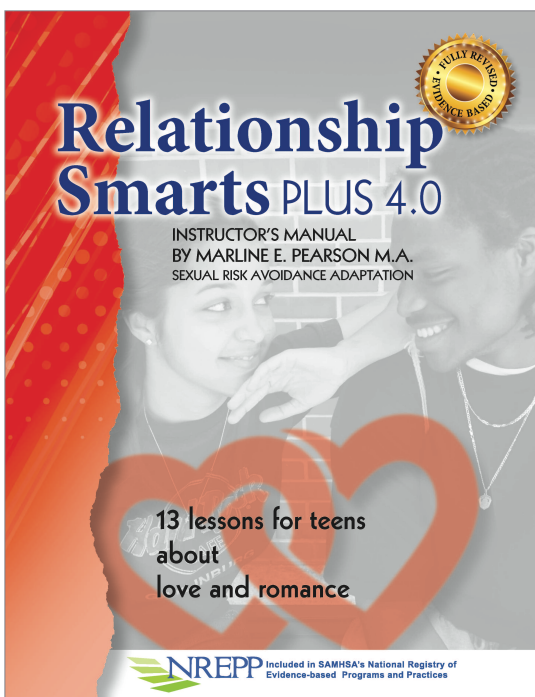
Program Component	Target	Enrolled	Completed	Completion Rate
Deliver LN Curriculum	510	1075	817	76%
Deliver RSP Curriculum	125	127	114	90%
Needs Assessment	635	922	922	100%
CPSS Assessment	635	918	918	100%
Case Management	110	123	123	100%
Referral	100	109	109	100%



## Mission West Virginia

### 2017-2018 SRAE Program Reach

Vulnerable Population	# Served
Pregnant or Parenting	15
Juvenile Justice	282
Youth in Foster Care	190
Runaway/Homeless Youth	10
Youth in Adjudication System	10
LGBTQ	20
Residential Treatment	15



# SRAE Curricula

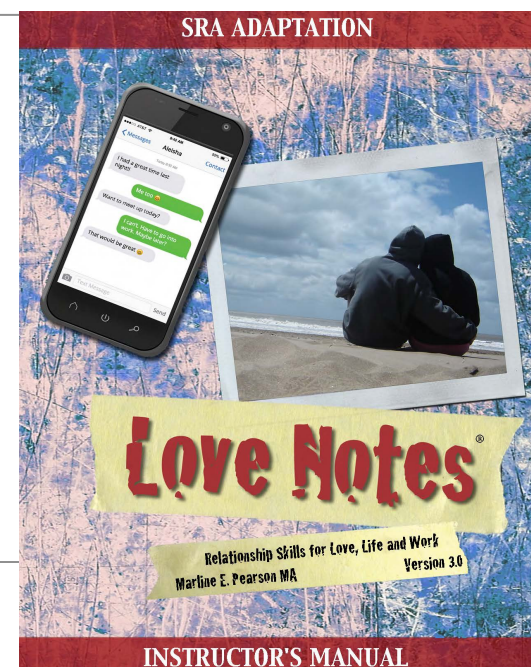


Photo Credits: The Dibble Institute

# Choosing SRAE Curricula

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*Why Love Notes SRA (LNSRA) and Relationship Smarts PLUS SRA (RQ+ SRA)?*

- Designed for vulnerable youth (rural and urban)
- Age and culturally appropriate
- LGBTQ inclusive
- Compliance with the SRAE requirements

# SRAE Components

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1. Refraining from non-marital sexual activity
2. Self-Regulation
3. Success Sequencing
4. Healthy Relationships
5. Goal Setting
6. Resisting Sexual Coercion
7. Dating Violence
8. Preventing youth risk behaviors
9. Not normalizing teen sexual activity

## Relationship Smarts PLUS: SRAE Edition

Lesson	Activity	SRAE Component
L1	Who am I and Where am I Going?	5,8
L2	Maturity Issues and What I Value	2,5,8
L3	Attractions & Infatuation	1,2,4,9
L4	Principles of Healthy Relationships	2,3,4,6
L5	Is it a Healthy Relationship?	4,6,7
L6	Breaking up and Dating Violence	6,7
L7	Decide, Don't Slide!	1,2,3,4,6,8,9
L8	Communication and Healthy Relationships	4,6,8
L9	Communication Challenges and More Skills	4,6,8
L10	Sexual Decision-Making	1,2,6,8,9
L11	Pregnancy, STIs and HIV	1,2,8,9
L12	Unplanned Pregnancy through the Eyes of a Child	1,2,5,8,9
L13	Teens, Technology, & Social Media	2,6,8

## Love Notes: SRAE Edition

Module	Activity	SRAE Component*
M1	Relationships Today	4,5
M2	Knowing Yourself	4,8
M3	My Expectations-My Future	4,5,8
M4	Attractions & Starting Relationships	1,2,4,9
M5	Principles of Smart Relationships	2,3,4,6
M6	Is it a Healthy Relationship?	4,6,7
M7	Dangerous Love	6,7
M8	Decide, Don't Slide! The Low-Risk Approach to Relationships	1,2,3,4,6,8,9
M9	What's Communication Got to Do With it?	4,6,8
M10	Communication Challenges and More Skills	4,6,8
M11	Let's Talk About Sex	1,2,3,9
M12	Pregnancy, STIs and HIV	1,8,9
M13	Through the Eyes of a Child	1,3,4,9

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Is it a Healthy Relationship?

# *Is it a Healthy Relationship?* Objectives

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- To analyze the difference between healthy and unhealthy relationships
- To demonstrate using a three-question guide in assessing a relationship
- To develop a list of fun activities to keep a relationship strong
- To analyze the issues around breaking up



# How Does It Feel? Ask 3 Questions

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## Unhealthy



## Healthy

- Conditional?
- Controlling or Disrespectful?
- Mostly about Sex or Material Things? Selfish?

- Unconditional?
- Respectful, Equal, and Supportive?
- Attraction on Many Levels? Giving?

# Sculpting Activity

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1. Students read and discuss the card:
  - Have you seen any relationships like this in real life?
  - What behaviors would be seen in that type of relationship?
  - How would it feel if you were in this relationship?
2. Students brainstorm symbols, images or scenes that would represent this kind of relationship
3. Students make a sculpture to represent it

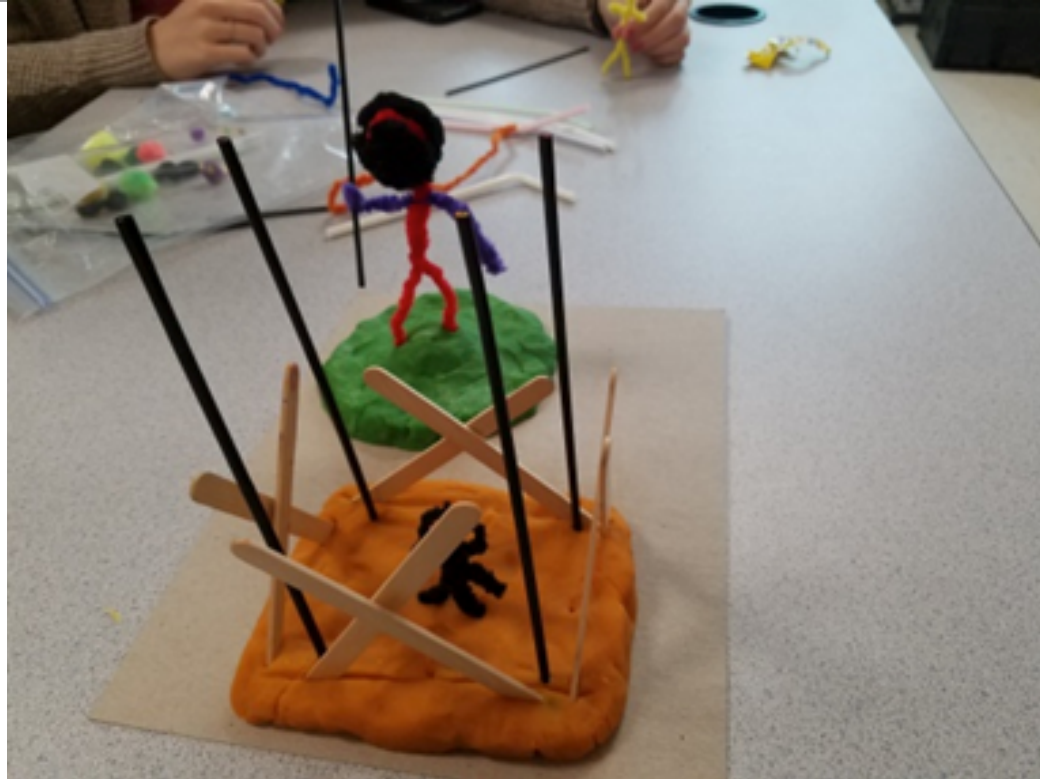
Our love is like a song.  
my what harmony that is.  
Our love is like one of those songs  
You keep rewinding  
that one song you wish  
You could listen to for  
all eternity.  
But, eventually, the song  
will die down.  
let's take this time  
to find and appreciate  
that song for tonight.  
Under one condition.  
let's not ever forget that record.  
let's hear, feel, be it once again.  
let's reminisce on it.  
let the smile come to our faces  
let the words "oh shit that's a  
classic" slip out our mouths.  
let that spirit in us take control  
and get up and dance. Maybe even  
let our emotions take over and cry.  
But let us not forget, never forget  
how that song started, how it made  
us go crazy, how it made us smile,  
laugh and cry, how bad we loved the  
artists of that song, for the artists were  
us.

## Sculpting Activity Adaptation

As an alternative to the sculpture, youth can create a song, poem or rap about the scenario and perform it. This helps youth relate to the scenarios in a way that they may be more comfortable with rather than sculpting.

# Rural vs. Urban: You decide

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**Rural**



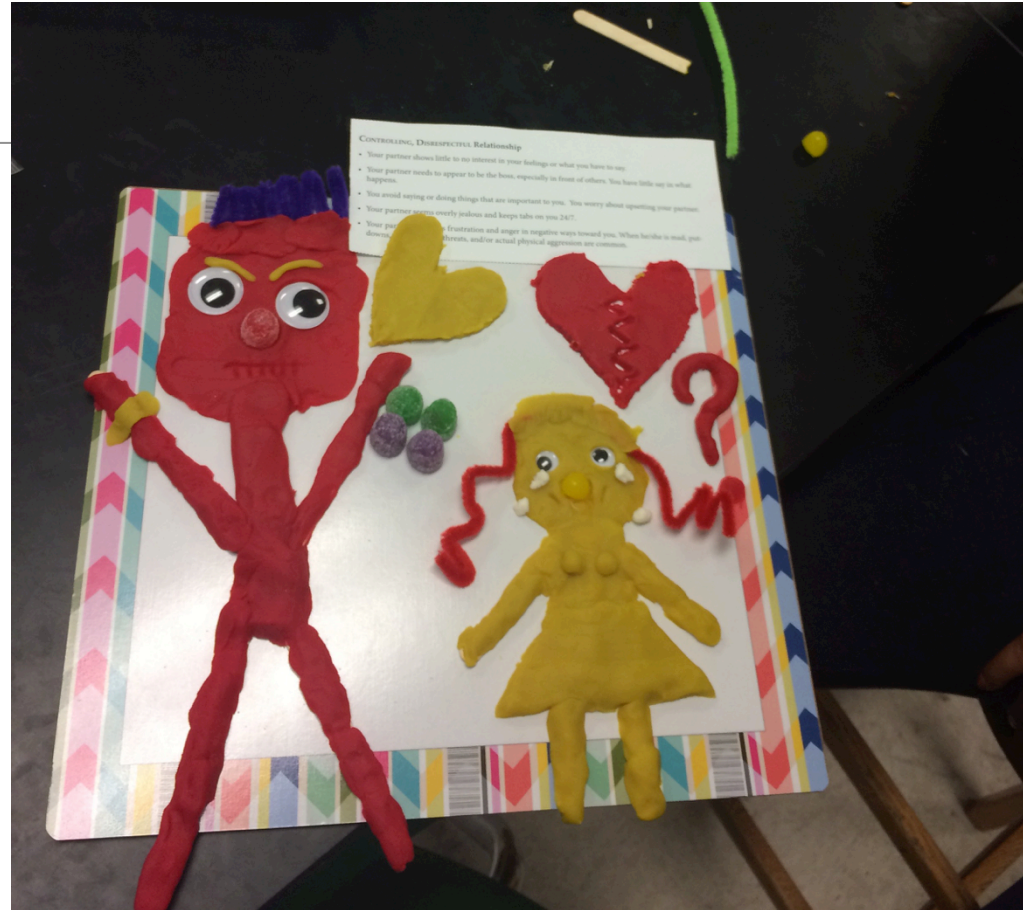
# Rural vs. Urban: You decide

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**Rural**

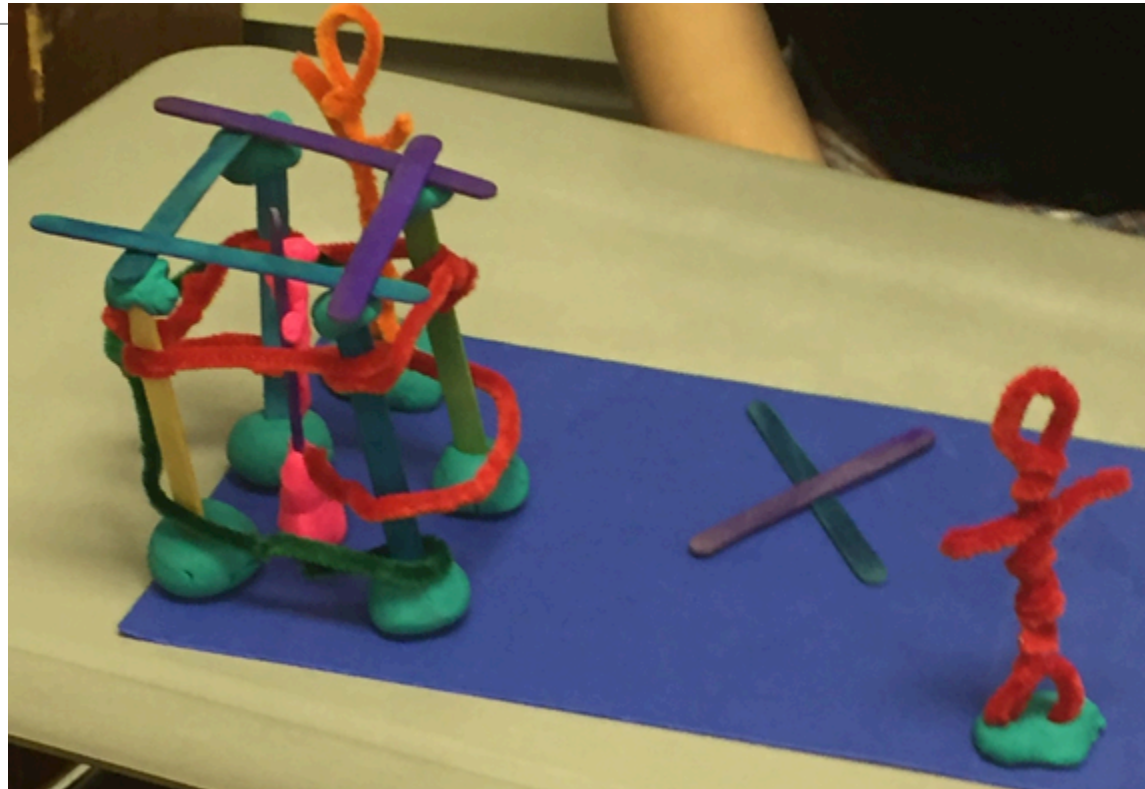
# Rural vs. Urban: You decide



Urban

# Rural vs. Urban: You decide

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**Rural**



# Rural vs. Urban: You decide



# Urban

# Youth Response to SRAE Programs

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- “This is the first program I have ever been a part of that gave us a chance to sit down and talk about it (LGBTQ issues).”
- “I want a man who has ambitions and goals, so I should be someone with ambitions and goals.”
- “The teacher is so understanding and willing to listen.”
- “The program was so fun and interesting. I learned a lot.”

# Youth Response to SRAE Programs

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- “No one in my family has a marriage that stayed together. I didn’t believe in marriage because of it. But now I’m beginning to think that maybe I can be the different one, I could be first.”
- “Who I end up with is not just someone I’m feeling; it needs to be someone I would want my kids to be raised by.”
- “Mister, all this information makes me not want to be in a relationship, relationships are a lot more complicated than they seem.”

# Questions?

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# References and Resources

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**Curriculum Resources: The Dibble Institute** <https://www.dibbleinsitute.org>

Love Notes SRA Edition: <https://www.dibbleinstitute.org/love-notes-sra-edition/>

Relationship Smarts PLUS SRA Edition: <https://www.dibbleinstitute.org/relationship-smarts-plus-sra/>

## **References:**

New York State Dept. of Health Vital Statistics. (2017). Available at [https://health.ny.gov/statistical/vital\\_statistics/index.htm](https://health.ny.gov/statistical/vital_statistics/index.htm).

WV Health Statistics Center, Vital Statistics System. (2017).

Agnew, C. and Childs, T. (2019) “Trinity Church Sexual Risk Avoidance Education Program Annual Implementation Report: 2017-2018.”

Childs, T. (2019) “Mission West Virginia Sexual Risk Avoidance Education Program Annual Implementation Report: 2017-2018.”

# Contact Information

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# **Second Wednesday Webinar**

**April 10, 2019**

## **Tips for Teaching Relationship Education in High Schools: Lessons from the Field**

**Phillippia Faust**, Director of Programs,  
More Than Conquerors, Inc., Conyers, GA.

**Brian Goesling, Ph.D.**, Senior Researcher  
Mathematica Policy Research.